

Hawaii Marine



Lance Cpl. Janelle Y. Chapman | Hawaii Marine

Marines with Bravo Battery, 1st Battalion, 12th Marine Regiment, load a round into a M777 howitzer during a training exercise at Schofield Barracks in Wahiawa, Tuesday.

Lance Cpl. Janelle Y. Chapman
Marine Corps Base Hawaii

SCHOFIELD BARRACKS, WAHIA-WA, Hawaii — More than 50 Marines from Bravo Battery, 1st Battalion, 12th Marine Regiment, performed a three-day digital communications training exercise at Schofield Barracks, Monday through Wednesday. Bravo Battery fired two M777 howitzers using digital communications versus the old-fashioned voice communications method. The previous week, Bravo Battery participated in a joint-training exercise with the Army's 3rd Brigade Combat team, at Schofield. They supported the Army by firing 64 rounds of ammunition and utilizing digital communications. "The training we do here is different than what they get in school," said

Sgt. Joshua Velez, a communications Marine with Bravo Battery, 1st Bn., 12th Marines. "This gets them ready, especially when we cross train with other services because it could very well happen out in the field. This gets us all ready for a real-life situation." Voice communications are the traditional way of calling for fire. Forward observers, or the eyes of the unit, radio the targets coordinates to the unit. The unit sent the coordinates to Marines on the firing line by radio. With digital communications, the forward observers send unit target coordinates through a computer system, check the data and send it digitally to Marines on the firing lines. Digital communications have been utilized over voice communications since 2006 due to efficiency, accuracy and speed.

"The exercise helps new Marines become acquainted with the way things work and helps make sure everyone can still fire accurately," explained Staff Sgt. Fernando Faria, platoon sergeant for Bravo Battery, 1st Bn., 12th Marines, of Tampa, Fla. "It helps the Marines become familiar with the digital communications of the weapons and the computers." Even though the Marines now have more advanced communication methods, they continue to plot grid targets on paper, and use radios in case the computers fail. "These exercises help new Marines understand different types of scenarios," Velez said. "This gets them into the mindset of real-life situations." During the exercise, the forward observers, who were camped out on the other side of a hill, sent the unit

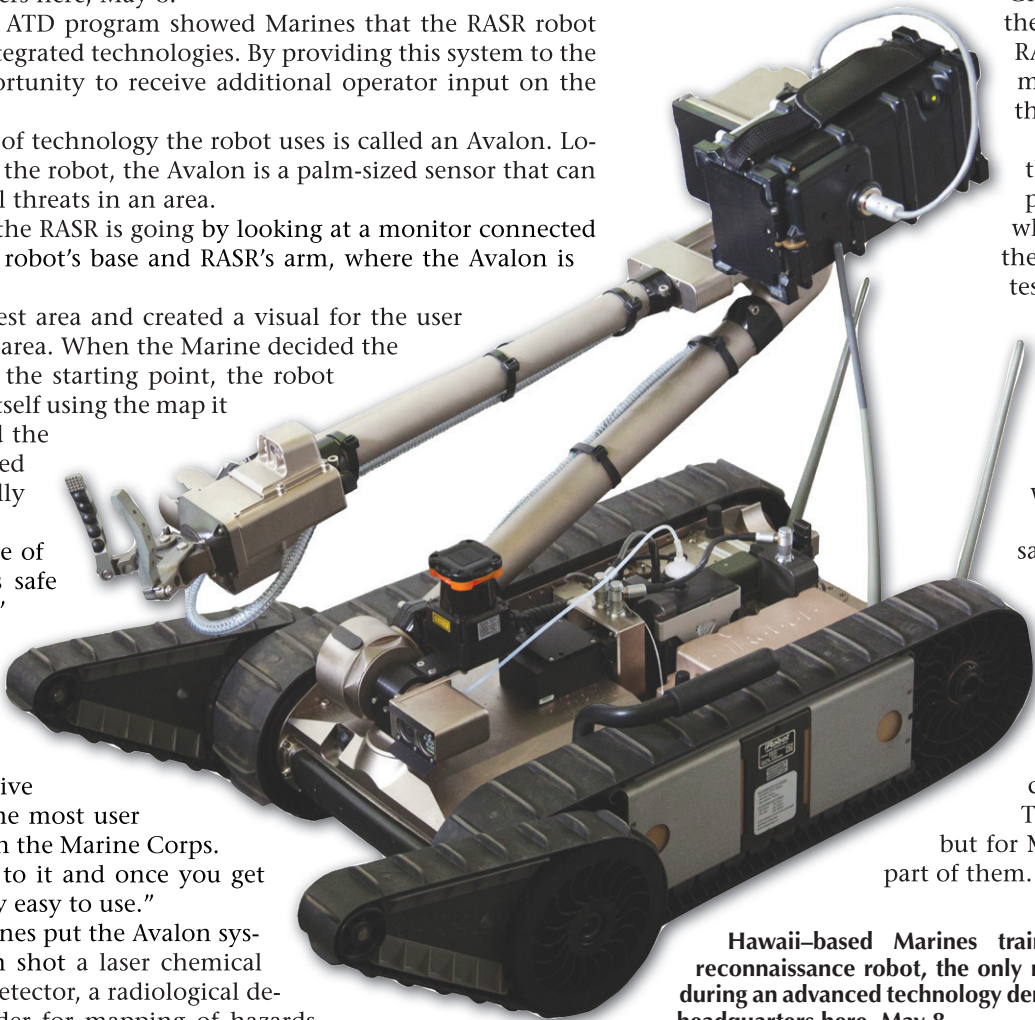
the coordinates. Once they were received, the coordinates were passed on verbally to the other Marines in the tent. One Marine would draw out the coordinates to determine if they fell in the safety zone. If they fell in the safety zone, he would give the 'ok' to send them to Marines on the firing line. Down on the firing line, eight Marines waited at each howitzer for the computer to buzz, alerting them that a target was found. The howitzers received the data and displayed it on screens on each side of the weapon. The Marines used hand cranks to put the weapon in position to fire, loaded the round and sent rounds down range. "I believe we are accomplishing the mission big time in this exercise today," Faria said. "The commanding officer has the capabilities to get the battery where they need to be."

MarForPac cuts through barriers with new recon robot

Lance Cpl. Nathan Knapke
Marine Corps Base Hawaii

Marines from U.S. Marine Corps Forces, Pacific trained to operate a rapid area sensitive-site reconnaissance robot, the only robot of its kind in the Department of Defense, during an advanced technology demonstration program at the 3rd Marine Regiment headquarters here, May 8. Representatives from the ATD program showed Marines that the RASR robot system consists of several integrated technologies. By providing this system to the Marines, they had the opportunity to receive additional operator input on the utility of the system. One of the newest pieces of technology the robot uses is called an Avalon. Located on the moving arm of the robot, the Avalon is a palm-sized sensor that can detect chemical or biological threats in an area. Users can observe where the RASR is going by looking at a monitor connected to cameras mounted to the robot's base and RASR's arm, where the Avalon is located. The RASR surveyed the test area and created a visual for the user to see everything in the test area. When the Marine decided the RASR needed to go back to the starting point, the robot automatically maneuvered itself using the map it created when it first entered the test area. The robot returned back, without users manually controlling it. "The RASR is a great piece of gear and will keep Marines safe from unnecessary danger," said Sgt. Byron Solano, the chemical, biological, radiological and nuclear chief for Headquarters Battery, 1st Battalion, 12th Marine Regiment and a native of Reno, Nev. "It's one of the most user friendly robots I have used in the Marine Corps. It has that video game feel to it and once you get used to the controls, it's very easy to use." During the training, Marines put the Avalon system to the test. The Avalon shot a laser chemical detector, a chemical vapor detector, a radiological detector, and a laser rangefinder for mapping of hazards

within areas of interest. "The RASR is most advanced technology I have seen over the course of my career," said Gunnery Sgt. Eric Schleher, the chemical, biological, radiological and nuclear chief for 3rd Marine Regiment and a native of Dunnellon, Fla. "We are really enjoying the opportunity to interact with this degree of advanced technology."



Glass test tubes were positioned on a table down the hall from where the operator controlled the RASR. He directed the RASR down the hall while monitoring all of its' sensors to effectively lead the machine to the test tubes. Marines found them inside the room using the cameras on the RASR. They correctly positioned the Avalon to begin analyzing what was inside the test tubes. Marines aimed the robots sensors onto the substance to be tested, like they were aiming rifles. The Avalon shot a laser where Marines aimed on the test tube, and it told the user what kind of substance was inside. Operators also targeted a bottle of soap for analysis. The program identified the brand of soap, where it was made, who made it and which chemicals were inside. The RASR has the ability to identify the same information from the soap as many different substances found on the battlefield. Representatives said the robot takes on the risks human detection crews face in combat. Instead of sending a Marine into an area with potentially deadly radiation or biohazards, the RASR can inspect the area and substances to mark if the coast is clear or to stay away. The RASR robot may not wear the uniform, but for Marines in combat, the robot is just as much part of them.

Lance Cpl. Nathan Knapke | Hawaii Marine

Hawaii-based Marines trained to operate a rapid area sensitive-site reconnaissance robot, the only robot of its kind in the Department of Defense, during an advanced technology demonstration program at the 3rd Marine Regiment headquarters here, May 8.



Batter up!
HMLA-367 Scarface and MALS-24 Warriors duke it out on the diamond, B-1



Cinnamony-sweet
Cinnamon's Restaurant in Kailua offers delicious local-style breakfast, lunch, C-1

Saturday
High 81°
Low 74°

Sunday
High 79°
Low 73°

NEWS BRIEFS

Protestant baptism service at the beach

All hands are welcome to the 11 a.m. Sunday Protestant service meeting at 10:30 a.m. at the beach by the Cabanas for a baptism service and picnic. For more information, call 257-3552/5138.

Diva Closet Swap

The Diva Closet Swap for adult family members of active duty service members is scheduled for May 24 at Mololani Community Center from 5 to 8 p.m. Participants must donate. Bring your gently used and washed clothing and accessories (hats, bags, scarves) to trade. Apparel we are looking for: Work, casual day out, evening wear, night-on-the town. Drop off apparel at the Marine Corps Family Team Building in building 216 by today. Child care is reimbursable. For details, call 257-2653.

New hours for decal registration, check in/out and fingerprints

The new hours for the decal registration/check in/out and fingerprints section are 7 a.m. to 4:30 p.m., Monday through Friday, with closures on all federal holidays. The new hours are in effect and they are located on the second floor of the Provost Marshal's Office in building 1095. For more information, call 257-0183.

LifeSkills: Four Lenses personality assessment

The next LifeSkills: Four Lenses personality assessment class is scheduled Thursday from 5:30 to 7:30 p.m. in the Marine Corps Family Team Building conference room in building 216. Child care is reimbursable. Call 257-2410 with questions.

Education Fair

The Education Fair is scheduled for May 24 at Mokapu Mall from 10 a.m. to 1 p.m. Meet with representatives from more than 20 colleges and universities. For more information, call 257-2158.

Single Marine and Sailor Program Waimano Pool hike

Single, unaccompanied Marines and sailors are eligible for the Waimano Pool hike, scheduled for May 27 from 8:30 a.m. to 2 p.m. Bring sturdy walking shoes, water, sunscreen, and camera. Meet at Kahuna's Recreation Center at 8:30 a.m. Sign up by Tuesday by calling Karley Peterson at 254-7593.

Single Marine and Sailor Program Hanauma Bay snorkeling

Single, unaccompanied Marines and sailors are eligible for the free Hanauma Bay snorkel adventure, June 8, from 9 a.m. to 1 p.m. Bring military identification, sunscreen, towel, swimsuit, money for lunch, snorkel gear (rental is additional). Transportation provided. Meet at Kahuna's Recreation Center at 7:30 a.m. Sign up by June 4, by calling 254-7593.

K-Bay Pop Warner youth tackle football and competition cheer registration

Registration for K-Bay Pop Warner youth tackle football and competition cheer for children ages 5 to 15 is scheduled for Saturday, from 1 to 4 p.m. at Mokapu Mall. Motivated coaches and volunteers are also needed. For details, please visit <http://www.patriotsnation.us> or call Timothy Craig, (512) 222-7470, president@patriotsnation.us.

Important phone numbers

On-base emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

Hawaii Marine

www.mcbhawaii.marines.mil

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New car wash system is a clean machine

Christine Cabalo

Marine Corps Base Hawaii

Construction crews are scrubbing up to renovate the Gas and More's car wash at Marine Corps Base Hawaii.

The car wash closed Monday for crews to install a new cleaning system and is scheduled to reopen Wednesday. In the meantime, drivers can use the manual car wash available in building 98 near 3rd Street.

"This will be a touchless car wash," said Mike Bailey, the Gas and More service station manager. "The new car wash uses water, cleaning products and includes a power wash. It will run all on sensors, there are no rails. Just roll in, and the actual unit will go around the car."

Bailey said he sees an average of 30 customers a day who use the service. Several Kaneohe Bay drivers said the car wash is a regular stop for maintaining their vehicles.

"I take my truck and my project car a few times a month to the car wash," said Cpl. Michael Diaz, a wrecker operator with Combat Logistics Battalion 3. "I go so I can keep up my vehicles' good appearance and to ensure the paint job stays smooth."

Diaz takes his 1996 Honda Civic hatchback to the car wash as he works to upgrades its features. He prefers having a rail-free car wash and otherwise washes his car by hand.

"I don't like rail systems because you end up with scraped up tires and rims," he said. "Tires are expensive nowadays. It's bad if a



Christine Cabalo | Hawaii Marine

Scott Hatch, a car wash installation coordinator, attaches one of the arms for the new car wash system at the Gas and More station aboard Marine Corps Base Hawaii, Wednesday.

rail system dings your rims, but worse if they ruin your tires."

Bailey said the new cleaning system has sensors that will also adjust to fit whatever size car rolls in for a scrub. The cleaning unit is expected to save on cleaning fluids and uses biodegradable products. He said the new system could also save as much as 600,000 gallons of water that will be reclaimed for repeat use.

For frequent car wash users, the real test of a good car wash is how it handles a car's finish as it cleans.

"You don't want too much friction in any car wash, otherwise you'll see scratches," said Lance Cpl. Ulises Nava, a machine gunner with Weapons Company, 3rd Battalion, 3rd Marine Regiment.

Nava takes his 2002 Porsche twice a week to the car wash because he finds the location

convenient and is keeping up his car's appearance to sell it. He said he would be willing to try out the new car wash because it is a frictionless system.

Bailey said he thinks the new cleaning system will offer better car washes and be easier to maintain. He said the previous system needed parts from a mainland-based company. Now, the new cleaning unit will have local support for parts and servicing from a company who has a branch in Honolulu.

"The old car wash was about five or six years old," Bailey said. "As the technology continues to advance, we'll have better car wash systems."

With technology already advanced enough to automatically adjust to trucks with open and closed beds, the new system makes it easier to come clean.

MARINE'S SON NATIONALLY HONORED FOR VOLUNTEER WORK



Mark Regan | Mark Regan Photography

WASHINGTON, D.C. — Academy Award-winning actor Kevin Spacey chats with Brittany Amano, 15, of Honolulu (center) and Michael-Logan Jordan, 14, of Kailua (right) during a gala dinner reception of the 18th annual Prudential Spirit of Community Awards at the Smithsonian's National Museum of Natural History in Washington, D.C., May 5. Jordan, whose father is a Marine at Marine Corps Base Hawaii, along with Amano, were honored as the top two Hawaii youth volunteers, and received \$1,000. Jordan was additionally chosen as one of the national honorees, receiving an additional \$5,000, an engraved gold medallion, a crystal trophy for their school or organization, and a \$5,000 grant from The Prudential Foundation for a nonprofit, charitable organization of their choice.

MOKAPU STUDENTS RECOGNIZED AT PTA REFLECTIONS BANQUET



Photo courtesy of Kricia Morris

HONOLULU — Left to right: Liz Sager, the Hawaii State Parent Teacher Student Association president; Warren Morris (second place in the photography category primary division); Jayden Perez (second place in the literature category primary division); Dulce Eulcide (second place in the film category intermediate division and honorable mention in the literature category intermediate division); Xavier Terronez (first place in the primary division of film and third place in the primary division of visual arts); Kendall Larson (second place in the photography intermediate division) and Keoni Wilhelm, Mokapu Elementary School principal, pose for a picture during the Hawaii State PTSA Reflections Banquet, May 4, at the Ala Moana Hotel in Honolulu. The students placed at the state level for their National PTA Reflections Art Program entries. Each year, the PTA Reflections Program challenges students to create art inspired by a specific theme. The 2012-2013 theme was "The Magic of a Moment."

AROUND THE CORPS

HMX-1 ushers in era of Ospreys

Sgt. Rebekka Heite

Marine Corps Base Quantico

MARINE CORPS BASE QUANTICO, Va. — One week after six MV-22B Ospreys successfully flew the longest and largest transatlantic flight of any Osprey squadron to date, Marine Helicopter Squadron One hosted a MV-22B introduction ceremony at the HMX-1 hangar, May 4.

The ceremony marked the beginning of HMX-1's transition from CH-46E Sea Knights to MV-22B Ospreys for green-side and presidential support flights, carrying White House staff members and press, said Col. John Faircloth, HMX-1 commanding officer and a Grady, Ala., native.

Though the aircraft will begin supporting the troops of Officer Candidates School and The Basic School immediately, filling the presidential support role is scheduled to begin late this year or early next, he added.

"The Marine Corps is transitioning its medium platform helicopters, so it's a natural transition," Faircloth said. "It's a tremendous airframe and a game-changing machine."

The game-changing machine adds its own capabilities.

"The Osprey is a wonderful addition in speed and range," said Col. Kevin Wild, incoming commanding officer, HMX-1. "It takes a CH-46 a couple of hours to fly to New York. It takes an Osprey one hour. That means we can make more trips in one day."

"The Osprey can fly higher, making it less vulnerable to weather," Wild said. "It can get over or around bad weather better than the 46."

The HMX-1 lead transition officer for the MV-22 agreed with Wild.

"The Osprey can fly higher, faster



Sgt. Rebekka Heite | Marine Corps Base Quantico

Marine Helicopter Squadron One Marines, past and present, family members and friends line up for a chance to see inside the one and only HMX-1 MV-22B after an MV-22B introduction ceremony in the HMX-1 hangar, May 4.

and is a more comfortable ride," said Maj. John Sarno, HMX-1 lead transition officer for the MV-22. "It's an additional capability. Not better, different. She has her own capabilities."

"It is quiet in airplane-mode, but even in conversion-mode it's quieter than a (CH-53 Super Stallion)," said Sarno.

A HMX-1 Osprey pilot added that its lift capabilities will also help HMX-1 complete its mission.

"The Osprey adds flexibility and capability in speed and lift," added Capt. Peter D. Benning, operations schedule

writer, operations, HMX-1, and MV-22 pilot. "It can carry more, go faster and fly higher than the 46."

"It won't change the mission, but it will change the way it's done," Benning, a Sonora, Calif., native, said.

Maj. Gen. Andrew W. O'Donnell Jr., deputy commander, United States Forces, Japan, a guest speaker during the ceremony, also had much to say about the MV-22B.

"The operational record of the MV-22 is above all," said O'Donnell. "We and our colleagues in the U.S. Air Force's Special Operations Command

have flown more than 170,000 flight hours. The aircraft is very good and very, very safe."

"It's changing how we do business," he added.

A second squadron of MV-22Bs is scheduled to arrive in Japan this summer. Currently, the squadron has only one Osprey, which is identical to those used by Marines in the fleet other than its paint job, but it expects to have 12 by next summer, said Sarno.

Faircloth is scheduled to relinquish command to Wild during a change of command ceremony, June 20.

Marines win first gold medal of 2013 Warrior Games



Lance Cpl. Corey Dabney | Marine Corps Wounded Warrior Regiment

Commandant of the Marine Corps Gen. James F. Amos congratulates Staff Sgt. Ronnie Jimenez, with Wounded Warrior Battalion West, at the 10k hand-cycle race during the 2013 Warrior Games at the Air Force Academy in Colorado Springs, Colo.

Lance Cpl. Corey Dabney

Marine Corps Wounded Warrior Regiment

COLORADO SPRINGS, Colo. — Sweating fiercely and gasping for air, Staff Sgt. Ronnie Jimenez, with Wounded Warrior Battalion West, cycled across the finish line May 13, taking the first gold medal of the 2013 Warrior Games.

The 35-year-old Marine from Tempe, Ariz., who competed in the 10k hand-cycle race, said he felt the support from his fellow Marines, which motivated him to go as fast as he could. He started the Warrior Games off with a big win for the Corps.

"With those guys motivating me and the families cheering me on — made me feel unbeatable," said Jimenez.

The Warrior Games is a Paralympic-style competition for wounded, ill and injured service members and veterans. The team of 50 Marines, competing for their fourth consecutive cup, will compete in several events during the games including wheelchair basketball, archery, cycling, shooting, sitting volleyball and track and field. They will defend their championship against the Army, Navy, Air Force, Coast Guard, Special Operations Command and the British Armed Forces.

Commandant of the Marine Corps Gen. James F. Amos was at the cycling event aboard the Air

Force Academy in Colorado Springs, Colo., and congratulated Jimenez as he crossed the finish line.

"It has set the tone for the Warrior Games, and the fact that the first event was won by a Marine sets the standard for the other Marines to follow," said Amos. "All these athletes are heroes who have been wounded for their country and I'm proud to be able to meet all of these fine, young men and women."

The Marines continued their winning streak as three more athletes medaled in their respective events. Sgt. Lorie Yriguyen, 30, from Grafton, Wis., currently with WWBn.-West, won a gold medal in the women's 10k recumbent race. Sgt. Brian McPherson, 30, from Theodore, Ala., currently with WWBn.-West, took home a gold medal in the open bracket upright race. Sgt. Jorge Toledo, 27, from Miami and currently assigned to WWBn.-West, won a bronze medal in the 30k permanent disability upright race.

"It feels great to start the Warrior Games on the right foot winning for the Marines," said Jimenez. "After winning the Chairman's Cup the past three times, we are ready to win it again."

The 2013 Warrior Games will run May 11 through May 16 aboard the United States Olympic Center and Air Force Academy in Colorado Springs, Colo. More than 260 service members and veterans will compete for the Commanders Cup.

Marine father deploys to Afghanistan, closer to his son

Cpl. Mark Garcia

1 Marine Expeditionary Force

CAMP LEATHERNECK, Afghanistan — Chief Warrant Officer 5 Brice Thomas thought once the war in Iraq came to an end, combat deployments would be a thing of the past for him given his 25 years in the Marine Corps, three combat tours and the drawdown in Afghanistan. But fate had a different plan.

Thomas arrived in Afghanistan in April after another Marine redeployed on emergency leave. Though he wasn't seeking his fourth deployment, Thomas was pleased. He knew the deployment would bring him closer to a Marine who had been in his prayers — his son, Lance Cpl. Brice Thomas II, who arrived in November to Camp Dwyer in Helmand province for a yearlong tour. Thomas knew they would be stationed at different bases in Afghanistan, but found comfort in the fact they both would be able to serve together in Afghanistan. Marines often develop strong relationships during deployments, combat and training exercises. While he and his son already have a solid bond, he said the deployment will have same impact on them due to the shared understanding of adversity.

The younger Thomas is very proud of his dad, who said he always wanted to be a Marine like his father. Like other military children, he spent his life three years at a time changing schools, making new friends and living in different parts of the world. He said his father never pushed him to join the Marine Corps, but instead raised him to make his own decisions.

"He has made a decision to do something to stand on his own two feet and make his way in the world," said the elder Thomas. "Then there is the fact that his choice led him to be a Marine. The fact that I instilled in him enough of love of country and sense of duty to join the Marine Corps is a great source of pride, and I could not be happier with his decisions to this point."

Soon after graduating high school, the younger Thomas stood on the same yellow footprints his father did at Marine Corps Recruit Depot San Diego, Calif. He even enlisted as an embarkations specialist, just as his father had done 25 years before. Having the same job, surprisingly, provided another twist of fate. In Afghanistan, the younger Thomas indirectly works for his father. He is a strategic mobility officer with the Regional Command Southwest's logistics section. His father is the II Marine Expeditionary Force (Forward)'s air logistics element noncommissioned officer in charge. Both play a role in the redeployment of forces.

"He's not directly in my chain of command," said the younger Thomas said. "But I know if I screw up something, it's dictated — I'll get my butt handed to me both ways. As a Marine, I can't use the 'but, dad...' excuse."

Catrina Thomas, a proud Marine wife and mother, understands the complexities of deployments. This is her fourth deployment, as well. But, just like her husband, she couldn't have seen this coming — two loved ones deployed at once.

"When (my husband) told me he was deploying on short notice, I couldn't believe it. I thought he was

done deploying," she said. "But, I could see this as a unique situation for the both of them."

Catrina doesn't worry as much about the elder Thomas on deployment, due to his experience, as she does her son. But, she finds peace knowing her husband and son are not far apart from each other.

During a recent trip to Camp Leatherneck to visit the camp's education center, April 26, the younger Thomas visited his father for a one-day reunion. The two caught up, discussing their deployment and joking with one another.

The younger Thomas said conversations with his father haven't changed much since arriving in Afghanistan, other than the occasional talk of incoming sandstorms. He still jokes with his father and isn't afraid to boast about his Marine Corps accomplishments.

"I have a higher (Marine Corps Martial Arts Program) belt than my dad, so — " said the younger Thomas, before his dad interrupted.

"You know better. You'll never be able to take the old man down," his father replied.

Like his father, the younger Thomas loves the opportunity to be deployed with his dad. The moment the two shared before he stepped on the bus headed for Afghanistan was one of the most profound moments for him as a son, the younger Thomas said.

"It's simple and common," the younger Thomas said. "But one thing that has stuck with me and I think will for the rest of the deployment is when he told me he loves me, he's proud of me and for me to take care of myself. It's had the most value to me out here."

Maintaining marksmanship

Force Recon Marines fire away

Story and photos by
Lance Cpl. Suzanna Lapi
Marine Corps Base Hawaii

Under an overcast sky with the waves crashing in the distance, the Marines of force reconnaissance platoon, 31st Marine Expeditionary Unit, conducted close quarter tactics shooting at the Kaneohe Bay range training facility, Monday.

The Marines from Okinawa, Japan, were thankful for the break from the sun as they performed training drills to maintain proficiency. They aimed at paper targets using two weapons, .45-caliber pistols and M4 carbine rifles.

Capt. Brian VanHoose, the platoon commander and a native of Coeur d'Alene, Idaho, said their shooting drills are practice for direct action raids.

"All of this shooting is designed to engage the enemy in a close proximity," VanHoose said. "We train in close quarters tactics with primary and secondary weapons, the rifle and pistol. We utilize

similar tactics during visit, board, search and seizure."

The Marines focused on their stance and movements during live-fire drills. The importance of focusing on their positioning enables muscle memory. The more they practice, the easier it becomes second nature for conducting actual missions.

Staff Sgt. Daniel Sigala, a force recon platoon team leader and native of Anthony, N.M., said the training at K-Bay range is about keeping up their standards.

"Our training is for missions capability," Sigala said. "Accurate shooting needs to be maintained for whatever mission arises."

VanHoose said they have been training together for a year and a half, and this is their culminating training package. They have been in Hawaii for four weeks conducting exercises to sustain their skills.

"Training in Hawaii is different from training in Okinawa," VanHoose said. "Because of the capabilities the facilities offer in Hawaii, the training here is

excellent. We were able to conduct VBSS training with a retired Navy fleet, and parachute training in which we performed three military freefalls and two low level static line jumps, including a water jump. It's difficult to train in Okinawa because of the weather, and in Kaneohe Bay everything is close together, which makes things quicker and easier."

In between drills, the Marines reloaded magazines and discussed how their overall training went in Hawaii.

Cpl. Randall Stevenson, a recon scout with force recon platoon and native of Baton Rouge, La., said this was his second time coming to Hawaii.

"It's great to come here to train because we do more diverse training here than in Okinawa," Stevenson said.

Sgt. Micah Crowell, a radio operator with force recon platoon, said this was his first time in Hawaii and wasn't sure what to expect.

"Hawaii is a beautiful place with great

weather and I loved being able to train here," Crowell said. "Performing jumps was the best so far because the adrenaline rush is addicting. The scenery here is incredible."

Sigala said training in Hawaii was especially beneficial for the Marines of force recon platoon to test what they've learned.

"Training here gives them a sense of being able to train outside of what they are used to," Sigala said. "They understand that everywhere we go, there are restrictions, and things we have to overcome."

Cpl. Alan Williams, a radio operator with force reconnaissance platoon shoots an M4 carbine rifle during close quarter tactics shooting at the Kaneohe Bay range training facility, Monday.



Sgt. Timothy Hippler, a point man with force reconnaissance platoon, shoots a .45-caliber pistol during close quarter tactics shooting at Kaneohe Bay range training facility, Monday.



Sgt. Timothy Hippler, a point man with force reconnaissance platoon, loads rounds into a magazine during close quarter tactics shooting at the Kaneohe Bay range training facility, Monday.



Marines from force reconnaissance platoon, 31st Marine Expeditionary Unit, shoot rounds from .45-caliber pistols during close quarter tactics shooting at the Kaneohe Bay range training facility, Monday.



A Marine from force reconnaissance platoon loads rounds into a magazine during close quarter tactics shooting at the Kaneohe Bay range training facility, Monday.



Marines from force reconnaissance platoon, 31st Marine Expeditionary Unit, load magazines during close quarter tactics shooting at the Kaneohe Bay range training facility, Monday. Capt. Brian VanHoose, the platoon commander and a native of Coeur d'Alene, Idaho, said their shooting drills are practice for enemy raids.

Assault Marines train in Korea

Cpl. Matthew A. Callahan
1st Battalion, 3rd Marine Regiment

SOUTH KOREA — U.S. Marine assaultmen have long been considered by many in the infantry to be “jacks of all trades.” As the sun began to crest the mountains surrounding the valley below, the “Lava Dogs” of 1st Battalion, 3rd Marine Regiment mustered to conduct live-fire rocket drills at Rodriguez Live-Fire Complex in the Republic of Korea, April 11, in support of Exercise Ssang Yong 2013.

Ssang Yong, meaning “Twin Dragons,” represents the U.S. and ROK forces and is intended to strengthen ROK-U.S. combat readiness and joint and combined interoperability through the conduct of joint and combined amphibious operations.

The employment of the 83 mm shoulder-launched multi-purpose assault weapon is a staple of the Marine infantry military occupational specialty 0351, which specializes in urban demolitions, breaching and anti-armor capabilities. The assaultmen from each of the battalion’s rifle companies came together to employ a salvo of rocket fires on a simulated enemy armored convoy to initiate an ambush with simulated friendly forces.

“We don’t get many opportunities to shoot our SMAWs,” said Cpl. Trey Jablonski, assault section leader of weapons platoon, Bravo Company, 1st Bn., 3rd Marines. “It’s a good time to bust the rust off our knowledge and tactics and get reacquainted with target acquisition and employment of our crew-served weapon.”

The individual assault sections from the various companies in the battalion set out on foot patrols, each section armed with four rockets, and moved to target the front and rear vehicles in a simulated enemy convoy. Employment of the crew-served weapons varied among the Marines’ teams from sequence fires to simultaneous volley fires on targets nestled roughly 250 meters away on a 55-degree upward slope.

“This was the first time we’ve shot so far uphill on a target,” said Lance Cpl. Patrick Gonser, an assistant SMAW gunner with weapons platoon, Alpha Company, 1st Bn., 3rd Marines.

Gonser explained that with the differ-



Cpl. Matthew Callahan | 1st Battalion, 3rd Marine Regiment

Lance Cpl. Mark Stanich, an assaultman with weapons platoon, Bravo Company, 1st Battalion, 3rd Marine Regiment moves, in a tactical column with his fellow Marines before initiating an ambush with shoulder-mounted multi-purpose assault weapons on a simulated enemy convoy at Rodriguez Live-Fire Complex in the Republic of Korea, April 11. The employment of the 83 mm SMAW rocket launcher is a staple of the infantry military occupational specialty 0351, which specializes in urban demolitions, breaching and anti-armor capabilities. Assaultmen from across the battalion came together to conduct the live-fire training in support of Exercise Ssang Yong 2013.

ent conditions and the time of the day, visibly identifying the targets proved a challenge in the setting sun. “We’re also usually firing on flat terrain or downhill.”

Before launching a rocket, SMAW gunners utilized a spotting rifle mounted on the side of the rocket tube that fires tracer rounds to “walk” on target with the help of their assistant gunners. The assistant SMAW gunner loaded the SMAW’s rocket and tracer rounds and then cleared the back blast, ensuring there were no personnel directly behind the line of fire.

When a rocket is fired from the recoilless weapon system, many other factors come into play. Marines prioritize safety, ensuring that everyone, whether in combat or simulated environments, is on line with the SMAW gunners. After launch, overpressure, heat, and debris kick up in a 60 degree cone that extends up to 90 meters backward from the firing position. Any Marine present is authorized to act as a safety officer and may call an immediate “STOP!” to rocket fire if he or she sees there are personnel not abiding by

the safety procedures.

“It’s a visceral experience,” Gonser said about firing and assistant gunning for the SMAW. “It feels like you’re getting hit in the chest initially, and then you’re overwhelmed by the overpressure and heat from the back blast,” all of which he said happens in a fraction of a second.

The battalion is attached to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force as part of the Marine Corps unit deployment program.



Spouses seek success, self-empowerment

Erin Young, a Tahitian Zumba instructor, leads spouses in a Tahitian Zumba class during the Empowered Spouses Event at Mololani Community Center, May 10.

Kristen Wong
Marine Corps Base Hawaii

Approximately 90 military spouses crowded Mololani Community Center, May 10, for the new Empowered Spouses Event, where they received an abundance of tools for success including workouts, healthy snacks, household tips, career planning and much more.

Before the event kicked off, Carla Anichiarico, spouse of the base commanding officer, and Catrecia Lewis, spouse of Headquarters Battalion’s sergeant major, offered words of encouragement to guests.

Various organizations on and off base, including Marine Corps Community Services Hawaii, came together for the five-hour event. Spouses pre-registered for workshops of their choice, and spent much of the morning watching demonstrations, doing hands-on activities and chatting with each other. At each workshop, spouses had the chance to submit a ticket to win a prize. There were also booths in which the spouses could take fun, informal pictures of themselves at the venue, and make personal business cards.

“The heart of the event was to provide exciting, relevant and inspiring workshops for the spouses to take part in,” said Kimm Teruya, a LifeSkills trainer with Marine Corps Family Team Building, and main coordinator of the event. “I heard feedback that the workshops were beneficial and exciting, and being able to talk to and interface with pro-

grams and resources was valuable. More than that I wanted to create a feel of positivity and self-empowerment, and interconnectedness with one another.”

Spouses kept busy transitioning between a dozen workshops. Some workshops came in the form of presentations, while others were more hands-on. Several of the spouses kicked off the event with a morning yoga session taught by Mandie Guth, who teaches yoga classes at the Armed Services YMCA on base.

Christy Covell was among the spouses who took the morning yoga workshop at the event. Covell recently moved to Marine Corps Base Hawaii and is a yoga

instructor herself. She registered for the event for the opportunity to “meet people and get out of the house.”

“Any excuse to get spouses involved with each other is a good idea,” Covell said.

Representatives from the Relson Gracie Jiu-Jitsu Kaneohe Team pushed tables aside and taught spouses a few self-defense moves. Participant Luz Ash said she had never practiced yoga or attended a self-defense class before the event. She said it was an opportunity for spouses to leave their comfort zone.

“It’s awesome,” Ash said of the event. “It’s something I’ve never seen before.



Photos by Kristen Wong | Hawaii Marine



April Davis (left) plays the role of attacker as J.J. Evans practices releasing her arm during a self-defense workshop at Mololani Community Center, May 10.

It’s perfect for spouses to get together (and socialize).”

Some spouses also shared their experiences with each other during the workshops, like participant Chantal Labrie.

“It’s really good,” Labrie said of the event. “I’m glad I came. I’m impressed. I highly recommend it.”

Other representatives presented useful tips for job interviews, resumes, moving, organizing one’s home, managing finances and returning to school.

Just before noon, various organizations including Aloha United Way, Keiki Sitters and Navy-Marine Corps Relief Society set up display booths in a mini information fair. Spouses browsed the various displays, chatting with representatives while enjoying refreshments.

The afternoon ended with an hour-long Tahitian Zumba class, led by Erin Young, who teaches Tahitian Zumba off base. Valerie Lacroix attended the Zumba class. She called the event “excellent, nicely organized and prepared.” She originally registered for the event in order to learn self-defense. For Lacroix, the event gave spouses the opportunity to network and find resources that encourage fitness and general well being.

Teruya said she hopes the Empowered Spouses Event will happen annually.

“In the future, we would love to continue providing workshops that are relevant and exciting for spouses,” Teruya said. “Marine Corps Family Team Building continues to strive for the objective of empowering spouses and allowing opportunities to connect.”

Corpsmen rush to aid Marines during hard landing

Lance Cpl. Jose D. Lujano

Marine Corps Installations Pacific

JIPO-RI RANGE, Republic of Korea — “Doc!” has been yelled at the top of the lungs of thousands of Marines from generation to generation in wars fought throughout mountains, cities, trenches, deserts, jungles and in some occasions, training accidents.

Four corpsmen demonstrated loyalty by performing exceptionally courageous duties, providing medical attention to their fellow injured service members after a CH-53E Super Stallion made a hard landing carrying more than 20 service members, April 16, near Jipo-ri Range, Republic of Korea during Exercise Ssang Yong 13.

The sailors and Marines are with 1st Battalion, 3rd Marine Regiment, and are currently attached to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, as part of the unit deployment program.

Petty Officer 3rd Class David L. Phan, Petty Officer 3rd Class Kris Kolodzik, Petty Officer 3rd Class Gaetano Hirshout and Petty Officer 2nd Class Jason Bobrick find themself surrounded by leathernecks on a daily basis.

It can sometimes be difficult for airmen, soldiers and sailors attached to a Marine infantry unit to earn the respect and loyalty of the Marines, but the corpsman constantly prove their devotion, ensuring the Marines that they will have their back no matter what, according to Lance Cpl. Johnathan L. Maggi, an

infantryman with the battalion.

It is always expected of service members to respond to a conflict without hesitation, especially when they embody the skills needed to provide medical attention. During the incident, not only did the corpsmen rush to the scene, but the Marines on the ground ran to provide assistance to their brothers.

“After the CH-53 came to a stop I could not believe what was happening,” said Maggi. “I remember seeing one of my corporals rush to help me in the meantime while the doc was aiding a more severe injury.”

Both grunts and corpsmen embody the concept of looking out for your fellow service members and living up to the standard of always being ready at a moment’s notice to help, according to Maggi.

Regardless of the condition of the CH-53, many service members disregarded their own safety to help their brothers in the aircraft, making sure they were moved to a secure location away from the incident.

“I was just doing my job like when I was deployed to Afghanistan in 2011,” said Phan. “Every other person in my shoes would have done the same. I am just glad the Marines continuously keep giving us a high level of respect and a sense of recognition for our actions.”

Corpsmen train infantrymen in combat life-saving skills so they gain a higher level of confidence in case a corpsman is not around, according to Phan.

“Marines should constantly keep refining their combat lifesaving skills because I could have been

injured severely from the landing and I would have been depending on my Marines to provide medical care for me,” said Phan. “By being around Marines a majority of my time, it gives me plenty of opportunities to show what I am made of. I wouldn’t want to be anywhere else but here with them – they depend on me as I depend on them.”

While corpsmen show a great amount of care for the Marines, the Marines demonstrated the same concern, as they would rather be taken care of last so that another Marine could get medical attention before them.

“When I was laying on the ground in pain, the first question I asked was ‘how are the rest of my guys?’” said Cpl. Scott C. Petrie, an infantryman with the unit. “When I was in the hospital the first question again was ‘how are the rest of my guys?’ The last person I was thinking about was myself because my life means nothing without my Marines and our corpsmen.”

The expertise in the corpsmen’s craft and dedication they have for Marines is always inspiring and incredibly astonishing, according to Petrie.

“Just like our corpsmen stand right beside us through thick and thin I, too, will be by them in any occasion,” said Petrie.

The bond between sailors and Marines spans through history demonstrating honor, courage and commitment to one another just like it was exhibited during the helicopter accident.

Kaneohe Officers’ Spouses’ Club raises \$15,000

Lance Cpl. Janelle Y. Chapman

Marine Corps Base Hawaii

After a year of gathering donations, the Kaneohe Officers’ Spouses’ Club recently announced they raised \$15,000 for 18 local nonprofit organizations. The announcement was made at the club’s annual charities luncheon, Wednesday, at the Officers’ Club on Marine Corps Base Hawaii. The funds were distributed to the nonprofit organizations, which all support service members and their families.

During the luncheon, officers’ spouses and spokesmen and women for the nonprofit organizations mingled while they waited for the last of the guests to arrive. Once everyone was seated,



Lance Cpl. Janelle Y. Chapman | Hawaii Marine

Julia Miller (right), Kaneohe Officers’ Spouses’ Club charities chairperson, and Natalie Ealy (left), KOSC president, explain the mission of KOSC and hand out donations to nonprofit organization representatives, Wednesday, at the Officers’ Club on Marine Corps Base Hawaii. KOSC raised \$15,000 and divided it among 18 charities.

Julia Miller, KOSC charities chairperson, and Natalie Ealy, KOSC president, spoke. Miller called each organization to

the front, presenting the representatives with a portion of the total funds collected this year.

A lunch followed the presentation, and the spouses had the opportunity to chat with organization representatives to learn about their nonprofit work.

The club chose the 18 local nonprofit organizations based on their applications. To qualify for the club’s funds, the organization has to be nonprofit, benefit service members and their families, and list what percent of the military receive or use the organization or its benefits. Applying organizations must explain who they are and what they do. Applicants also note how much funding they need and justification for it.

The KOSC reviews the organizations and divides the money according to the needs of the organization and to how much was raised. Without

the club’s fundraising efforts, some organizations would be put in a hard position.

“We appreciate this a lot because the Joint Spouses’ Conference is for every military spouse, no matter what rank or branch of service their spouse is in,” said Winnie Pigott, recording secretary for the conference, one of the nonprofit organizations that received a donation. “We hold an annual conference, and this donation can help us make that happen.”

The KOSC is a club for active duty, reservist or retired officers’ spouses and features events from August through May. The club hosts monthly fundraisers like art auctions to aid the local organizations.

For more information on the KOSC, contact Miller at kosccharities@gmail.com.

Sports & Health



Marine Light Attack Helicopter Squadron 367 Scarface shortstop Christopher Manuel catches the ball as a Marine Aviation Logistics Squadron 24 Warrior slides into second base during an intramural softball league game at Annex Field, Tuesday. The game ended 11-8 with the Warriors taking the win from Scarface.

Warriors pull away to win 11-8

**Story and photos by
Lance Cpl. Nathan Knapke**
Marine Corps Base Hawaii

The Marine Aviation Logistics Squadron 24 Warriors defeated Marine Light Attack Helicopter Squadron 367 Scarface 11-8 during an intramural softball league game at Annex Field, Tuesday.

The Warriors got off to a great start after a few walks and hits. On the first pitch to a batter, he swung and knocked one over the fence. The batters who followed hit a series of foul balls.

"We always have a great time when we come out to play together," said Manuel Coronado, a MALS-24 infielder and Chicago native. "Playing softball as a unit really builds camaraderie and unit support. Regardless of winning or losing, that is really why we come to play."

Scarface had a similar start to the game. A solid hit to the outfield and a grounder up the middle put two runners on base and into scoring position. Todd Nedza, a Scarface pitcher, hit another ball over the fence to bring the first inning to a tie at 3-3.

The second inning had a much different result for both teams.

After a few solid hits, the Warriors quickly loaded every base. However, the next batters failed to bring the three runners home.



Marine Light Attack Helicopter Squadron 367 Scarface player Kristopher Ammons prepares to hit the ball during an intramural softball league game against the Marine Aviation Logistics Squadron 24 Warriors at Annex Field, Tuesday.

At the bottom of the second, each of the runners singled out or hit pop flies to end the second inning. By the end of the second inning, the score remained 3-3.

"Although the strike zone was really small, we needed to make each swing count," Nedza said. "Pop-ups kill us, we just needed to apply the basic fundamentals of the game."

The Warriors gave away two quick outs at the top of the third then turned around and hit singles to score three runs.

During Scarface's turn, Nedza hit another out of the park home run. With two runners on base, the home run helped bring Scarface back to a tie with the Warriors. The game was once again

tied, 6-6, at the end of the third.

The fourth inning started with the Warriors connecting well with the ball. They had two singles and a triple base hit, which brought in two runs for the Warriors. The Warriors found their defensive groove and kept Scarface from scoring for two more innings.

Scarface managed to produce one run from a single run batted in, but they couldn't keep the balls flying off the bats. The fourth inning ended with the Warriors up 8-6.

After the Warriors scored two more runs in the top of the fifth, Nedza nailed another home run over the fence in the bottom of the inning. The rest of the batters made decent contact with the ball but couldn't escape the Warriors' defense. The Warriors stretched their lead over Scarface, 10-8.

Although Nedza hit three home runs for Scarface, it wasn't enough to pull ahead of the Warriors. The Warriors brought in a runner and pulled off a 11-8 win, continuing their undefeated season.

"Every game, we have always had consistent hitting," Coronado said. "I expect that if we continue to keep pounding away at the ball like we are, the 'Warriors' should have a successful season."



NETTING EXERCISE WITH FUN, GAMES

Players attempt to block a serve during a pickup volleyball game at Semper Fit Center, Wednesday. Service members and family members older than 18 formed teams to play.



Versus is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to HawaiiMarineEditor@gmail.com.

If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up ladies ... it’s game time.

Will Kobe Bryant’s injury ruin his career?

Lance Cpl. Nathan Knapke VS. Cpl. James A. Sauter

KNAPKE — With two minutes and 57 seconds left in an April 12 basketball game between the Los Angeles Lakers and Golden State Warriors, Kobe Bryant limped off the court with a torn Achilles tendon. Many future Hall of Fame basketball players have the privilege to choose when their career ends. On the other hand, there are those who receive a pink slip when their path of fame is cut short due to unfortunate circumstances. Bryant is faced with a possible career-ending injury. I’m not downplaying Bryant’s caliber as a player. He’s undoubtedly one of the best athletes to have ever played the game, but an Achilles tear will tear him away from the rest of his career.

SAUTER — A torn Achilles tendon is never something to gasp in horror about. Injuries happen all the time in professional sports and they’re not career enders, the majority of the time. They most likely become career alterations, during which the player sits out a season while

he heals. Sports medicine has come a long way in helping athletes recover from injuries that would otherwise hinder ordinary people. Bryant is in the NBA and only players with athleticism to rival Hercules make it that far (other professional sports included). Bryant has a heart of a lion and can see the court like an eagle. He’ll push through this in time for the next championship.

KNAPKE — Is this fantasy or are we going to carefully analyze what happened to Bryant? This isn’t some fairy tale land where people get hurt and magically become good as new. The Achilles tendon is the most important tendon used in the foot when jumping. I know he is one of the best, but being out of the game isn’t good for anyone. Bryant wants to get back in the game as soon as possible but he risks damaging his heel again if he does. At the end of the day, his calf muscle will be much weaker, putting his legendary jump shot at risk. He has a history of

fighting through injuries but this one isn’t worth pushing through. He will come back and play again, but won’t be the Kobe Bryant we all know and love.

SAUTER — Like I said, sports medicine has come a long way since the old days of just rubbing dirt on a bruise. Advancements in tissue grafts, bone anchors and arthroscopic procedures provide safer alternatives to high risk surgeries and result in speedier recoveries. I wouldn’t be surprised if patients can receive a brand new Achilles tendon from advancements in stem cell research and reconstructive surgery. As a professional, Bryant knows he can’t rush getting back onto the court so soon after surgery and therapy. A torn Achilles tendon is a horrible injury for anyone who has to endure it, but it’s no longer impossible to fix. Give Bryant a season or two, and he will be back on his game without further impact on to his career.



KNAPKE



SAUTER

ZERO IN, STRIKE DOWN PINS



Brad Rehrig picks up a bowling ball before playing another frame during a Commander's Cup Bowling League game, Monday, at K-Bay Lanes aboard Marine Corps Base Hawaii. Rehrig recently bowled a 298 game for the league.



Brad Rehrig sends his bowling ball down the lane during a Commander's Cup Bowling League game, Monday, at K-Bay Lanes aboard Marine Corps Base Hawaii. Rehrig recently bowled a 298 game for the league. The only other higher score was from Mark Gleason, who scored 299.

Photos by Christine Cabalo | Hawaii Marine

ENERGY CORNER



Celebrate Earth every day

I would like to make it known this has been the first time we have had as many building energy monitors to participate in any of the energy awareness fairs since I've been the energy/utilities conservation noncommissioned officer for Marine Corps Base Hawaii. I would like to personally thank these Marines and their units for their participation in this past Earth Day: Master Sgt. Gustavo Gomez, the BEM for Manpower, Personnel and Administration; Staff Sgt. Jason Shipes, the BEM for 1st Battalion, 12th Marine Regiment; and Capt. Derek George, the director of the Environmental Compliance and Protection Department.

The Marine Corps has an energy program and an environmental focus that are in play each

day of the year. Just like any holiday, Earth Day reminds us of how special our earth is and of the need to treat our planet with respect. We should take a moment, an hour, or at least a day to think about this little blue and green ball spinning in space. Let's think about all that we get from it, and all that we should be giving back to it.

As we look around and appreciate the convenience, we enjoy thanks to Earth's energy that it stores, we must acknowledge that some of Earth's energy sources are renewable, while others are in finite supply. As we continue the transition to a sustainable energy future, picturing and appreciating the beauty of our planet should help us remember to be part of the solution by always making energy efficient lifestyle choices at work and home.

- Sgt. Trista R. Kirkland, Facilities Department



Marines engage Australian schools

Sgt. Sarah Fiocco

Marine Rotational Force-Darwin

PALMERSTON, Northern Territory, Australia — Marines with Marine Rotational Force–Darwin reached out to students at Moulden Park Primary School by serving an American-style breakfast, helping out in their lessons and breaking a sweat with the pupils during their physical education classes, May 15.

The Marines weren’t the only ones visiting with the students at the local school. Consul General Mary Warlick, U.S. consulate general, also spent time getting to know the students.

“It’s been a real pleasure to be here at Moulden Primary School and to see the Marines at work collaborating with the students,” said Warlick. “I really want to thank the teachers and leadership here at the school for their partnership and bringing the Marines into the school. I think it’s a wonderful collaboration.”

Marines who visit with students at the school three times a week say they



Sgt. Sarah Fiocco | Marine Rotational Force-Darwin

Lance Cpl. Felicia Barrow, postal clerk, forward coordination element, Marine Rotational Force – Darwin, conducts team sit-ups with Moulden Park Primary School students during a physical education class, May 15.

enjoy spending time with the children.

“We’ve noticed a big difference in their attitudes. They’re excited we’re here,” said Sgt. Eli Cuaresma, embark

chief, forward coordination element, MRF-D. “Their three values are being safe, being responsible and being respectful. We try to talk to them about

exactly what those values mean. I feel like we’re making a difference.”

Since last year, when the community-relations program began at Moulden during the first rotation, Marine involvement in the school system has continued to grow. Now there is a Marine presence at Gray Primary School and at Casuarina Senior College’s Clontarf Foundation.

“This is the most rewarding part of the rotation: Really developing those ties and those bonds with the community,” said Lt. Col. Matthew Puglisi, officer in charge, MRF-D. “The only way (they’re) going to get to know the Marines is for us to be in the community.”

Puglisi said there are plans to expand the community-relations program beyond the school system.

“We’re going to be here for a long time. It’s the second rotation, and the Marines are involved,” said Puglisi. “We want to be part of the community, and I think we’ve laid down that foundation for future growth.”

Workplace violence: Know what to look for

Most workplaces are safe. However, acts of violence can occur even in the safest workplaces. Each year, an estimated 1.7 million workers are victims of assault in the workplace, according to the Bureau of Justice Statistics. These assaults take many forms, from bullying and harassment, to threats and physical assault. We all share a responsibility to help keep our workplaces safe and secure.

RECOGNIZE THE WARNING SIGNS

People who commit acts of violence generally give warning signs first. If an employee, customer, vendor, delivery person, or anyone else in your workplace exhibits any of the following signs, report your concerns to command leadership or law enforcement:

- Any direct or indirect threat
- Any type of physical assault
- Pattern of intimidating, harassing, or exhibiting aggressive behavior, including bullying
- Uncontrollable or explosive temper
- Stalking
- Bringing a weapon to work or having an excessive fascination with weapons
- Repeated fascination with workplace violence incidents
- Stealing from the company or other employees
- Damaging company property or repeatedly committing safety violations

The list below includes additional concerns, and may warrant reporting as well. When in doubt, it is always better to err on the side of caution and report. Contact your command if you witness anyone demonstrating the following:

- Difficulty accepting authority or criticism
- Symptoms of substance-abuse problems
- Sudden or marked changes in behavior

- Frequent arguing or frequent conflicts with coworkers, customers, vendors, or delivery people
- Harassment by telephone or email, including offensive jokes
- Isolation from coworkers
- Frequent disputes over disciplinary actions or a termination

WHEN ANGER ESCALATES

What to do if a person's anger escalates and you are concerned about safety:

- Don't argue with the person. If you see changes in the person's behavior, such as screaming, shouting, or pounding fists, contact your supervisor or security personnel for assistance.
- Leave the area and contact security immediately if the person's anger seems out of control or if physical actions or threats appear imminent.
- Contact security if you feel threatened or unsafe. Be careful to do so without the person noticing, so as not to cause more anger. You might need to signal to a coworker that you need help.

REPORT THREATS AND SAFETY CONCERNS

To report a threat or safety concern, take these steps:

- Take threats seriously. Even if people say their violent comments were a joke, report the threats. Let a professional evaluate the situation.
- Contact your employee assistance program if you wish to speak confidentially about your concerns. The information you discuss with an EAP consultant is confidential. Exceptions to confidentiality are situations involving child abuse or when a threat of danger to oneself or others is imminent. Even in these situations, only the appropriate authorities will be notified.

- Be discreet in speaking with others. Talk with your supervisor or an EAP consultant about the problem, but not with coworkers.
- Do not try to diagnose a problem or handle a troubling situation on your own. If you have a concern, discuss it with your supervisor, human resources representative, or EAP consultant. A professional will handle the matter and determine what action to take.

SEEK SUPPORT IF YOU ARE UNDER STRESS

Certain types of stress may make you less observant and less sensitive to others' behavior. To help ensure the best possible work environment, take care of yourself during stressful times, particularly when you are experiencing any of the following:

- Personal difficulties. For help dealing with marital, family or relationship difficulties, legal problems, or financial problems, talk with an EAP consultant.
- Excessive workload. If you feel overloaded or are working extra-long hours or shifts, talk with your supervisor about ways to reduce the load.
- Coworker conflicts. If you are having problems with a coworker or there is friction in your department, talk with your supervisor or an EAP consultant about ways to handle the problem.
- You help promote the safest workplace possible by turning to your command leadership, security or an EAP consultant when you have safety concerns or need support.

Report information about any contact or circumstance that could pose a threat to the security of U.S. personnel, resources, classified information, or controlled unclassified information to the Naval Criminal Investigative Service. Call 1-800-543-6289, or visit <http://www.ncis.navy.mil>, or text "NCIS" and your tip information to CRIMS (274637).

COMMUNITY, SPORTS BRIEFS

Talk Story Camp

Come to the 3rd annual Talk Story Camp, July 19 to 21, for three days and two nights of stories at Camp Paumalu on the North Shore of Oahu. It will be a convergence of storytelling people and families retreating into the hills of Pupukea. There will be local storytellers and mainland guests, food, hikes, workshops and more. For more information email jeffgere@lava.net or call 737-1774, or visit <http://www.talkstorycamp.com>.

Inaugural Bellows Volleyball Memorial Day Tournament scheduled next weekend

The inaugural Bellows Volleyball Memorial Day Tournament is scheduled May 25 to 26. The first game begins at 9 a.m. May 25. There are four people to a team and a maximum of two additional alternate players. Co-ed teams must have two males and two females. If at least six teams aren't registered by today, the tournament

will be canceled. The volleyball tournament is for ages 18 and up. For a registration packet and prices, visit <http://www.bellowsaafs.com>.

Join the First Tee of Hawaii

The First Tee of Hawaii is offering its junior golf program free of charge to children of active duty, reservist and National Guard service members. The program is open to children ages 7 to 18 at the Bay View Golf Range Driving range on Kaneohe Bay Drive, Sundays at 11 a.m. The program teaches valuable life skills, and participants learn how to play golf. To register, show up to practice, Sundays at 11 a.m. For details, go to <http://www.thefirstteehawaii.org> or call 478-3466.

MARINE MAKEPONO

Means 'Marine Bargains' in Hawaiian

Kaneohe studio apartment for rent. Large deck with ocean view of Chinaman's Hat and Marine Corps Base Hawaii. Includes custom bathroom with hot tub/shower, covered parking, refrigerator and sink with disposal. No smoking or barbecuing. \$1,300/month. For more information, call 239-5459.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in building 216, room 19. Please have your military ID and a short write-up of what you'd like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.

Hawaii Marine Lifestyles

Cinnamon's Restaurant is a hidden gem located in Kailua Square, about 10 minutes from Marine Corps Base Hawaii.



Savor good flavor for breakfast, lunch at Cinnamon's

Story and photos by
Lance Cpl. Suzanna Lapi
Marine Corps Base Hawaii

KAILUA, Hawaii — If variety is the spice of life, Cinnamon's Restaurant offers plenty of breakfast and lunch varieties to keep your taste buds satisfied.

Cinnamon's is a hidden gem located in Kailua Square, about 10 minutes from Marine Corps Base Hawaii. Established in 1985, Cinnamon's has since served satisfied customers delicious local favorites like guava chiffon pancakes that keep people coming back.

They offer comfortable indoor and courtyard seating to accommodate families, and the décor imitates the Hawaiian style reflected in the dishes. The staff and servers are friendly, outgoing and speedy in serving their customers.

Glen Lasken, a Kailua resident and native of Bend, Ore., said he lives in Hawaii part-time and decided to see what Cinnamon's had to offer.

"I ordered the farmer's omelet and it was delicious," Lasken said. "You can tell the ingredients are fresh and it's a substantial meal. Also, the service was fast. I wasn't waiting long for my food. I'll definitely eat here again."

The most popular dishes are the frittata omelet, guava chiffon pancakes, cinnamon macadamia nut roll and red velvet pancakes. They also offer salads, soups and hamburgers for their lunch menu.

Puna Nam, Cinnamon's owner and a native of Honolulu neighborhood Waikiki, said he opened the restaurant 28 years ago with his wife.

"Our intent was to create a restaurant with reasonable prices and comfort food," Nam said. "We want to serve the community, and the military, a nice meal of fresh, local food that's not expensive."

Their omelets are packed with fresh ingredients and served with a choice of rice, home fries, biscuits, buttermilk pancakes or hash browns. Customers can choose a "local" style omelet, which means the ingredients are mixed and cooked with the eggs.

The popular red velvet pancakes are served with a white chocolate topping, offering a taste of dessert decadence to



Some of Cinnamon's Restaurant's most popular dishes include the farmer's omelet, guava chiffon and red velvet pancakes, and cinnamon macadamia nut roll. Established in 1985, Cinnamon's has been serving satisfied customers delicious local favorites like loco moco that keep people coming back.

a simple breakfast staple. The guava chiffon pancakes are a fruity, tangy, melt-in-your-mouth delicious way to start any day.

Aura Wilson, assistant manager and waitress, said she has been working at Cinnamon's for 23 years.

"This restaurant is a special place that's hard to leave," Wilson said. "It feels good to serve wholesome food because I know I can stand behind the product we put in front of people. I take pride in our food. We all try to get to know our customers, which creates a family atmosphere. I think we have that aloha warm and welcoming spirit."

Wilson said her favorite dish is eggs Benedict with kalua pork because the flavor of the local pork is rich and unique to Cinnamon's.

Nam said after hosting a military appreciation weekend, he understands the importance of all military members stationed in Hawaii.

"Everyone at Cinnamon's would like to thank the military because they are an integral part of our community," Nam said.

If you are looking for an affordable home-cooked meal, Cinnamon's is open daily between 7 a.m. and 2 p.m. The restaurant also offers a military discount coupon on its website.



Customers enjoy breakfast at Cinnamon's Restaurant in Kailua, Tuesday.

PASS

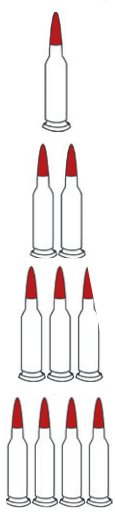
IN

REVIEW

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your No. 1 source for cinema, music, video game, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week’s critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system, you can quickly decipher what is worth your time and what isn’t, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you’re not familiar, here’s a quick breakdown of the ratings ...

- 1/4 — No Impact, No Idea
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.
- 2/4 — High And To The Right
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if there’s nothing better to do.
- 3/4 — On Target
Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.
- 4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



Better Know A Critic



WONG

Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She loves movies that make her care about the characters and sympathize with their plight. She enjoys action, fantasy, comedy and dabbles in horror.

‘Gatsby’ parties hard, digs deep

Kristen Wong
Marine Corps Base Hawaii

Eat your heart out, Robert Redford. The new Gatsby is in town.

If this version of the “The Great Gatsby,” which was released May 10, were available when I was in high school reading F. Scott Fitzgerald’s classic novel, English class would have been that much more fun.

Director Baz Luhrmann brought out the big guns for one wild ride through the Jazz Age, bringing to life the lavish parties of which Gatsby himself would have been proud.

The movie stays true to the plot many of us remember being forced to page through during our teenage years. Nick Carraway (Tobey Maguire) moves to bustling New York to work as a bond salesman. He sets up house in a small cottage in West Egg, next door to a gigantic mansion, owned by a mysterious fellow named Jay Gatsby (Leonardo DiCaprio).

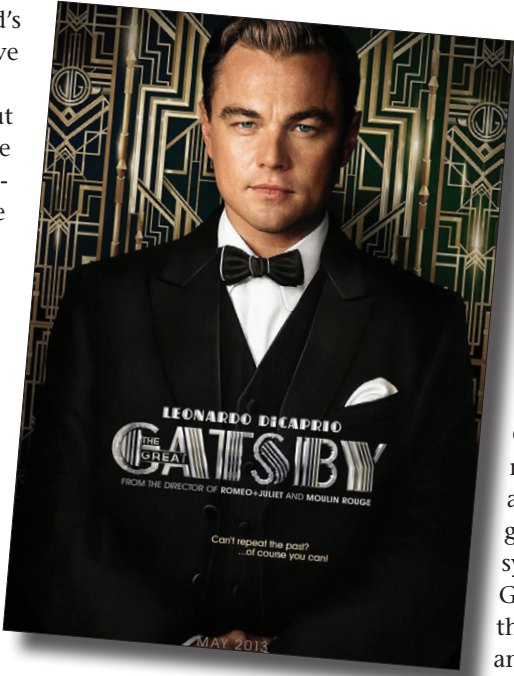
Carraway almost immediately begins hearing fantastic rumors about his neighbor, who frequently throws parties for the whole city. One day, Carraway receives a personal invitation to Gatsby’s party: a rare occurrence considering everyone shows up uninvited.

Carraway soon becomes entangled in a mess of scandal and deception.

In many ways, “Gatsby” made me feel exactly like Carraway: “I was within and without, simultaneously enchanted and repelled by the inexhaustible variety of life,” referring to his being able to immerse himself in this world and still observe it as an outsider.

I found myself tapping my toes and nearly dancing my way out of my seat as I watched men and women in flamboyant costumes run amuck in an orgy of fireworks, flappers and fearlessness. My eyes jumped into the passenger seat of Gatsby’s bright yellow roadster as it swerved in and out of traffic, and I gaped at the clockwork synchronization of Gatsby’s servants as they pulled out chairs and opened doors.

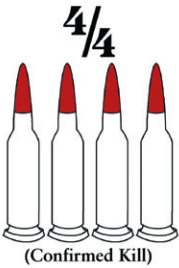
But like Carraway, just as I was “enchanted,” I also found myself “repelled.” In contrast, I saw a darker side of society, plagued with



dirty money, violence and poverty. I felt sadness for a man desperately in love and unwilling to face reality. I grew disgusted by a woman who truly is “a beautiful little fool,” which Zelda Fitzgerald once hoped her daughter would be. The movie also provided a larger message about this historical time period, including gender and race roles in society.

There were numerous occasions where the producers chose to overpower a scene from the 1920s with modern-day music. Luhrmann has on many occasions woven modern and historical styles into a colorful culture collage, much like “Romeo and Juliet” and “Moulin Rouge.” In a sense, he made a parallel between the Jazz Age culture and modern hip hop culture. The same tactic was used in Martin Scorsese’s “Gangs of New York,” in which a modern song overlaps a gang fight of the 1900s. However, in this case, some of the songs were more of a distraction. One song that was successful was Beyonce’s “Crazy in Love,” reinterpreted “Roaring Twenties”-style by Emeli Sande and the Bryan Ferry Orchestra. It accurately set the mood for Gatsby’s luxurious transformation of Carraway’s home.

I highly recommend this film, especially to teens dreading Gatsby as required reading or who are thoroughly exhausted from Gatsby tests and term papers. This movie will make the book that much more fun to read. Just watch, old sport.



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